

# Manipulation

Manipulation refers to the ability to handle and control objects using the hands and fingers, often in a precise or skillful manner. It involves a combination of fine motor skills, hand-eye coordination, and spatial awareness.

There are many different types of manipulation skills, ranging from basic skills like picking up and holding objects, to more complex skills like assembling small parts or performing delicate surgical procedures. Some examples of manipulation skills include:

Sorting and organizing objects  
Tying shoelaces and doing up buttons  
Building with blocks or Legos  
Playing musical instruments  
Operating tools and machinery  
Performing surgical procedures  
Creating artwork or crafts

Developing good manipulation skills is important for many aspects of daily life, such as self-care, leisure activities, and work-related tasks. It can also have a positive impact on cognitive development and overall physical health. Activities that can help develop manipulation skills include playing with toys that encourage fine motor development, practicing drawing and writing with pencils or crayons, and engaging in activities that require hand-eye coordination, such as playing sports or video games. Occupational therapists may also work with individuals who have difficulty with manipulation skills, helping them to develop these skills through various exercises and activities.

## Spinal manipulation

[Spinal manipulation](#)

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